

Turkey Ala King²⁰

Number of Servings: 20 (236.35 g per serving)

Amount	Measure	Ingredient
2 1/2	lb	Turkey, avg, breast, w/skin, rstd
13.00	Tbs	Margarine, soft, hydrog & reg soybean oil, Gold n Soft
2 1/2	cup	Onion, white, fresh, chpd
2 1/2	cup	Flour, all purpose, white, bleached, enrich
1/2	tsp	Spice, pepper, black
5 1/2	cup	Broth, chicken, low sod, cnd
4 3/4	cup	Milk, 1%, w/add vit A & D
1/3	cup	Peppers, bell, green, sweet, fresh, chpd
3 1/2	Tbs	Pimentos, cnd
13.00	Tbs	Mushrooms, cnd, drained, pces/slices

Nutrients per serving

Nutrition Facts			
Serving Size (236g)			
Servings Per Container			
Amount Per Serving			
Calories 280	Calories from Fat 110		
		% Daily Value*	
Total Fat 13g			20%
Saturated Fat 3g			15%
Trans Fat 0g			
Cholesterol 45mg			15%
Sodium 170mg			7%
Total Carbohydrate 18g			6%
Dietary Fiber 1g			4%
Sugars 4g			
Protein 22g			
Vitamin A 10%		Vitamin C 8%	
Calcium 10%		Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

- * poundage for turkey above is for cooked EP
- * white pepper may be preferred over black pepper listed above
- * chicken broth may be prepared from low sodium or salt free chicken base or turkey may be boiled in water to obtain salt free broth
- * equal amts of other vegetables may be substituted for variety or if participants do not care for one of the vegetables

Dice cooked fresh turkey or chicken. (do not use salted product)

Melt margarine and add onions and saute until tender.

Add flour and pepper to onions. Stir and cook for 5 minutes. Add broth and milk, a little at a time at first, stirring constantly with wire whip. Cook until thickened.

Add green pepper, pimento and mushrooms to sauce.

Fold chicken gently into sauce. Heat to 170 degrees F.

1 serving is 6+oz = 2+ oz meat + grain/starch

Serve 6 oz (3/4 cup) with 6 oz ladle

If you do not have a 6 oz ladle use 1 & 1/2 #8 scoops/serving.

1 serving = 6 oz = 18 grams carbohydrate = 1 Carb Serving

Serve over biscuits, noodles or rice depending on the menu.